

Today I Will Nurture Happiness

12-6-11

At first, our moments of happiness are like the tiny green shoots of a new plant. They are fragile and vulnerable to disruption. Unless we give them room to grow, they wither away, and this has already too many times in my life. Today I will be alert to any seed of happiness, and I will clear a space for it to grow. I will water it with my attention and nourish it with my commitment.

2:45 p.m.

Write Me At:

Rachell Williams # V-69138

P.O. Box 5242

CORCORAN, CA 93212

Web Address:

<http://betweenthebars.org/blogs/507/rachell-williams>